



## **News Release**

**For Immediate Release**

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### **Influenza Arrives in Utah**

#### *Surveillance Information Shows Influenza in Salt Lake and Utah Counties*

**(Salt Lake City, UT)** — Utah public health officials have announced that the official influenza season has arrived. According to the Utah Department of Health (UDOH), influenza activity has been reported in Salt Lake and Utah counties. The first hospitalized case of influenza was reported in an elderly person from Salt Lake County this week, two weeks earlier than the first hospitalized case last year.

In addition, Utah County is reporting a cluster of confirmed influenza cases. Currently, none of the affected individuals has been hospitalized. At this time, the influenza activity status for Utah has been classified as “sporadic” because influenza has been lab-confirmed, but there are not high numbers of people with influenza-like illness being reported.

All age groups, especially young children, the elderly and those with chronic medical conditions, should consider getting an influenza vaccine if they haven’t already, and take other precautions to prevent the spread of influenza. It will take about two weeks for the vaccine to provide full protection, so with the upcoming holiday and travel season, this is the time to be vaccinated.

Vaccine manufacturers anticipate that sufficient influenza vaccine supplies will be available for

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the 2007-2008 season. The public is advised to contact their local health department or health care provider, the Immunization Hotline at **1-800-275-0659**, or check the Flu Vaccine Locator at [www.immunize-utah.org](http://www.immunize-utah.org) to find an influenza vaccination clinic.

If you think you have influenza (abrupt onset of fever, muscle aches and pains, cough and or sore throat), see your physician within 24 hours. Prescription medication, if taken within two days after symptoms appear, can help reduce the severity and duration of illness.

Here are ways to reduce disease:

- Stay home when you're sick (consider working or learning from home);
- Cough or sneeze into your elbow or a tissue;
- Frequently clean your hands with soap and water or alcohol-based hand sanitizers;
- If you are over 65, ask your doctor about pneumococcal vaccine.

For more information about influenza, go to <http://health.utah.gov/flu> or contact your health care provider or local health department.

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*The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.*